

**HAVE YOU BEEN CHECKED?
IT ONLY TAKES 2 MINUTES!**

You can accomplish a lot of tasks in two minutes – check your email, pay a bill online, maybe even save your smile and your life! Brushing your teeth for two minutes with fluoride toothpaste, twice a day can save your smile. Taking the time for a painless two minute oral cancer exam during a regular medical or dental check-up can save your life.

Oral cancer is highly preventable if the correct steps are taken. Every year, ask your dental or medical provider for an oral cancer exam. Even if you wear dentures you should have your mouth and surrounding head and neck region examined once a year to check for oral cancer. Using tobacco products, drinking alcohol and spending a lot of time in the sun increase your risk for developing oral cancer.

Quitting the use of all tobacco products significantly reduces the risk of developing oral cancer. The Maryland Tobacco Quitline is a free service provided by the Maryland Department of Health to help people quit using tobacco products. For more information about the Maryland Tobacco Quitline, call 1-800-QUIT NOW [1-800-784-8669](tel:1-800-784-8669) or visit www.smokingstopshere.com .

Being infected with a certain type of Human Papillomavirus (HPV), especially HPV type 16, increases the risk of oral cancer. HPV infection is spread mainly through sexual contact. Almost all sexually active people will get HPV at some time in their lives, though most will never even know it. The HPV vaccination to prevent HPV infection is recommended for preteen girls and boys at age 11 or 12; it is also recommended for girls (ages 13 through 26) and boys (ages 13 through 21) who have not yet been vaccinated.

Remember, early detection is important. Ask your dental or medical provider for an oral cancer exam and get checked today! For more information, please visit the Office of Oral Health's website at <https://health.maryland.gov/oral-health> .